



Western
UNIVERSITY • CANADA

Make Your Learning More Access- Able

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Land Acknowledgement

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Warm-up

- What learning habits you have used recently?
- Note-taking
- Timed study schedule
- ???

Agenda

- Introduction (why should we invest in this area?)
- What is accessible education? Why it matters?
- Most common accessible education tools that can benefit many (all): Time Management, Organization, Note-taking, Information Retention
- Activities
- Plans/Summary

Introduction

- Curb-cuts
- Audio-assisted crossings

Two Examples

- [Video 1 \(Example/Demo\)](#)
- [Video 2 \(Explanation\)](#)

Some Strategies

- Time Management
- Organization
- Note-taking
- Information Retention

Time Management

Visual timers: Timers that show the passage of time visually.

Examples: A clock face with a colored segments.

A Pomodoro app with a moving progress circle.

Purpose: Helps you see how much time is left -> to avoid procrastination and improve focus

Colour-Coded Calendars: Using colors in a calendar to categorize or prioritize tasks/events.

Examples:

Red for orange a few days before exams and deadlines, red for exams, blue for classes, purple for personal commitments.

Purpose: Easier to scan and understand your schedule at a glance and balance workload.

Activity

Why do you think time management is important at university?

Which of the two techniques share you like better and might use, i.e. Visual Timers and Colour-coded calendars, and why?

Organization

- Digital folders: Use consistent file naming
Some apps

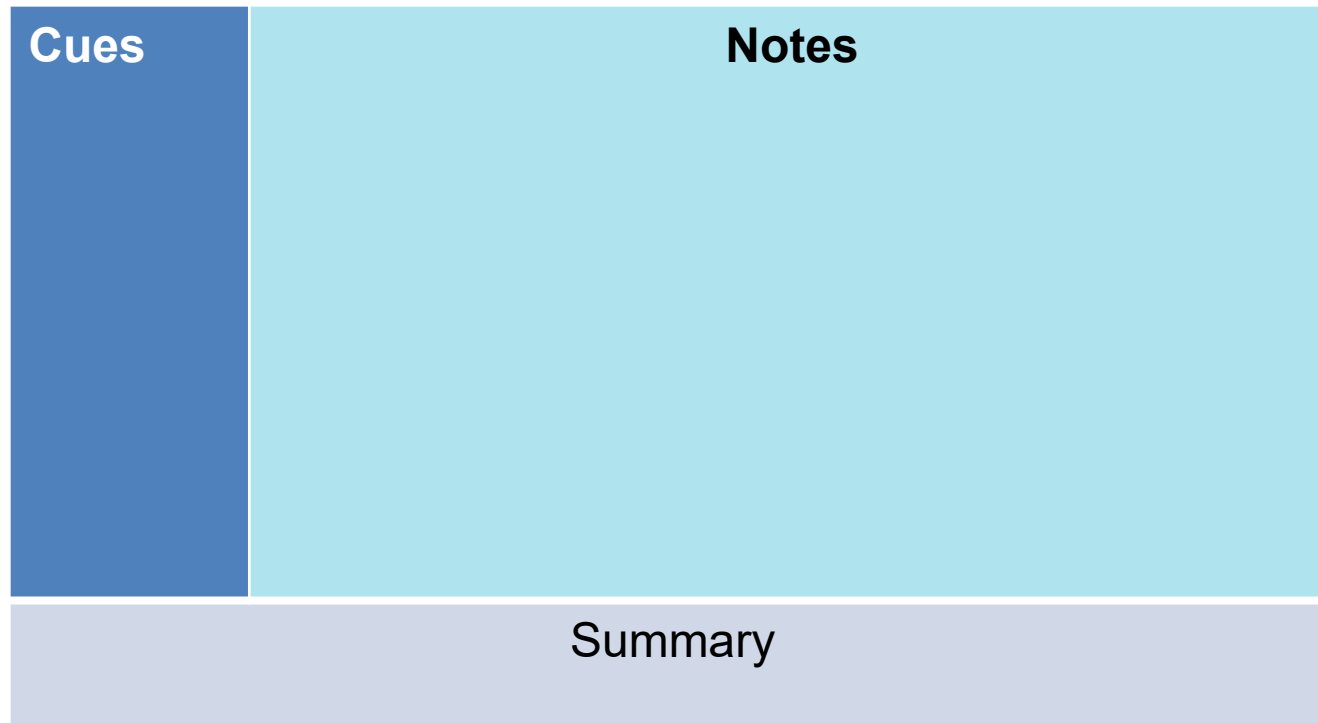
[Notion](#): Online Project Management Tool

[Trello](#): Another online project management tool

Activity: Can you guess what you can find on these apps?

Note-Taking

- Cornell Method, audio notes, mind maps



Audio Notes and Mindmaps

- A note to self, brainstorm ideas, let the ideas flow
- A mindmap is like a tool to organize thoughts into a plan

Information Retention

- Spaced repetition
- Pomodoro + break routines

Scenario

- Pair work: Discuss the following scenario with a partner and take notes. After this activity, we can share our notes as a group so we learn from other group, too.

Matt is overwhelmed as he has to manage several assignments he has to do for multiple courses, what do you recommend to him? Try to come up with multile suggestions

Activity

- Which Strategies you already use? Which ones you can apply right away?

My Learning Plan

- Please fill out a worksheet on the following items:
- 1 strategy I already use
- 1 new strategy I'll try this week
- 1 barrier/challenge I face
- What support I can have

Resources

Resources are at your finger-tips

- [Learning Development and Success](#): Use resources available to you, drop-in for peer support, book an appointment, and more
- [Accessible Education](#)

Questions?